

# What's The Point? December 2015



Jean Townley and Dennis Bailey prepare to lay the wreath at the base of the flagpole.

The Yarrawonga/Mulwala RSL Sub Branch again organised the Remembrance Day services at Woods Point Aged Care. Students from Sacred Heart Primary School also attended the service performing the National Anthem.

Whilst the service can sometimes be a sombre event and “The Last Post” inevitably sends a chill down the spines of many, it is an occasion that we celebrate willingly. Remembering those who have given their lives as a result of war. Many of our residents have served their country during times of war and many have lost loved ones during these times.

By participating in this national day of remembrance we are also acknowledging the sacrifices that these residents have made.



## Tegan's Enchanted Beauty Waxing

Tegan's next visit will be  
Friday 8th January

If you don't already have an appointment please see reception.

## Hair Appointments

Mondays, Wednesdays  
and Thursdays

Appointments can be  
made directly with

Kylie or by leaving your  
name with reception.

Resident and Representatives meetings are held monthly.

The meetings are held on the first Thursday of the month at 10.30 in the main dining room.

All residents and their family representatives are invited to attend these meetings.

Thursday Dec 3rd



*"Happy Hour" is  
hosted in the  
main lounge  
every Friday  
at 3pm.*



*Come along  
and listen to some  
music, enjoy a sherry,  
beer, wine, shandy or  
a soft drink & have a  
chat with the other  
residents!*



Podiatrist Visit  
December 7th





## A message from our Activities Staff

On the back page of the Newsletters you will always find the Activities Program for the current month. Some might ask, “Why is it there?” or “What is it all about?”

It is firmly believed that keeping mentally active helps prevent age-related mental decline. The primary prediction of this mental-exercise hypothesis is that the rate of age-related decline in measures of cognitive functioning will be less pronounced for people who are more mentally active. The same may be said about our level of physical activity. Or, more simply...

### *“USE IT OR LOSE IT”*

... and the red-shirted members of the Activities Department here at Woods Point Aged Care are dedicated towards seeing that our residents (your loved ones) have ample opportunity to do just that – hence the monthly Activities Program.

So residents (and family), please read the program and make an effort to come out of your room and join in – it may be just what you need to lift your spirits and make your day that little bit more enjoyable.



Australian Government  
Australian Aged Care Quality Agency

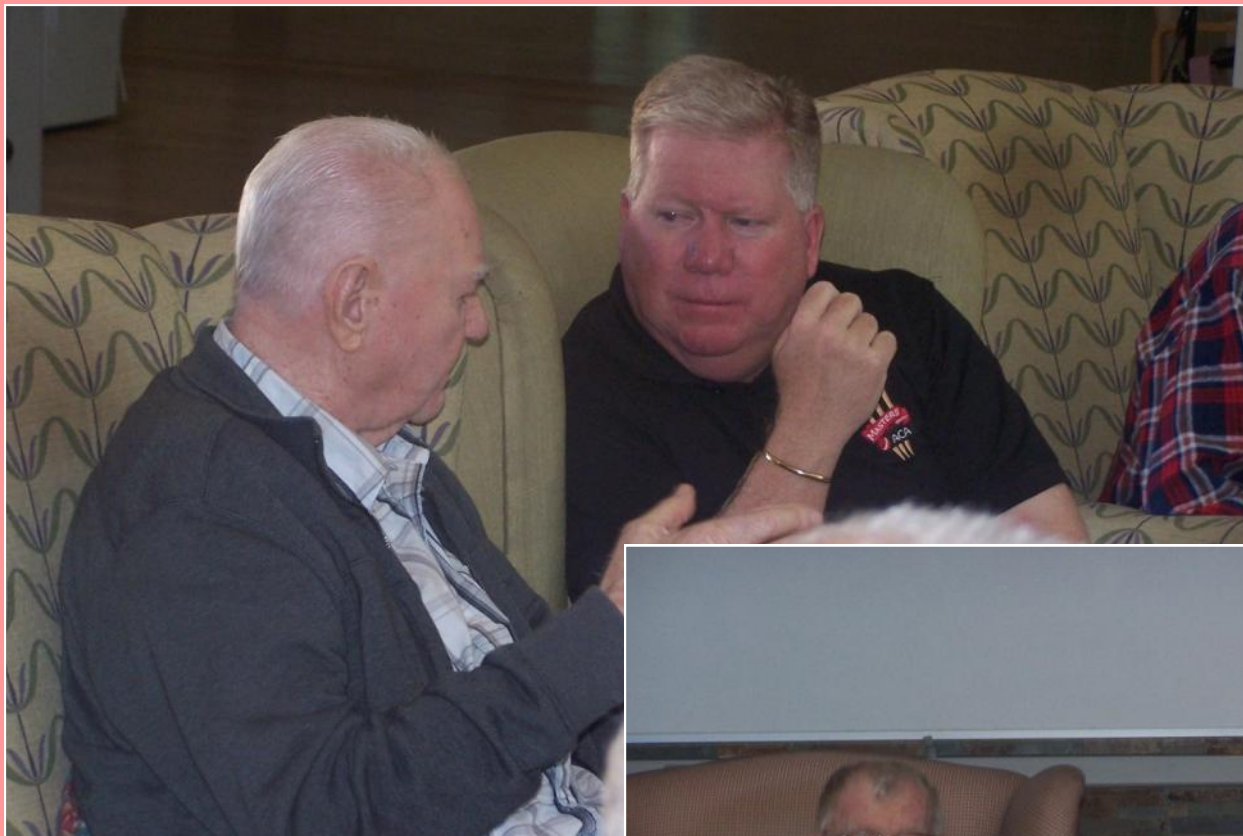
A team from the Quality Agency will visit the home to assess quality of care from

**15 December 2015 to 16 December 2015**

You can talk to the assessors and be assured your conversation will be confidential.

To complete their assessment and prepare their report the assessors will also:

- interview management and staff
- review records and documents
- observe care delivery and physical surroundings



Brian Hicks enjoyed chatting with Ken Healey about his former playing days.

Whilst David Gallagher had a few laughs with off-spin bowler Greg Mathews.



A number of players from the ACA Masters Program recently visited our home and spent some time chatting with our residents.

The program involves retired Australian Cricketers travelling around the country, playing in community games, encouraging junior development and promoting the game of cricket in general.

Fortunately for us they were able to spend a good hour with us, swapping stories of games from long ago.





# *Woods Point Aged Care Resident Christmas Party*

*Join us in the Wing 5  
lounge for our  
Cocktail Evening  
On Thursday  
December 10th*

*Between 5 and 7 pm*

*Visitors \$10 per adult, children free!*

**Remember to RSVP before December 3rd**

## Heat Stress and the Elderly - Excerpt from Better Health Channel

**Every year in the lead up to the summer months we remind our residents and their families about the risks of Heat Stress.**

Heat stress may affect older people more than others. Some people aged 65 years and over may be at increased risk of heat-related illnesses and need special care in hot weather. Risk factors include living alone, chronic medical problems and certain drugs.

Heat stress occurs when the body can't cool itself and maintain a healthy temperature. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising. Heat stress is also known as hyperthermia.

Heat-related illnesses range from mild conditions such as a rash or cramps to serious and potentially life-threatening conditions such as heatstroke.

### **Symptoms of heat stress**

The symptoms depend on the heat-related illness, but may include:

- hot and dry skin
- paleness
- rapid heart rate
- muscle cramps
- nausea and vomiting
- disorientation and confusion
- delirium
- fainting or coma
- worsening of pre-existing medical conditions.



### **Risk factors for heat stress in the elderly**

Factors that increase the risk of heat stress in elderly people include:

- **Physical changes** – the ageing body doesn't cope with sudden stresses as quickly as a younger body. For example, on hot days, elderly skin is not able to produce sweat and cool the body as efficiently as younger skin.

- **Chronic medical problems** – older people are more likely to have chronic medical problems. Certain conditions make the body more vulnerable to heat stress.

- **Medications** – older people with chronic medical problems usually take medications on a regular basis. Some medications can hinder the body's ability to regulate temperature.

**Kidney conditions** – if you take medications for kidney problems, you need to talk to your doctor before you increase the amount of fluid you drink.

## Heat Stress and the Elderly - Excerpt from Better Health Channel

### Medications and hot weather

Some medications increase the risk of heat stress. How this works varies according to the medication, for example:

- Antidepressants, antihistamines, phenothiazines and anticholinergics (used for some psychiatric conditions) act on an area of the brain that controls the skin's ability to make sweat.
  - Beta blockers (heart tablets) reduce the ability of the heart and lungs to adapt to stresses including hot weather.
  - Amphetamines raise body temperature.
  - Diuretics (fluid tablets) act on the kidneys and encourage fluid loss. This can quickly lead to dehydration in hot weather.
- Opioids and sedatives can re-

duce the person's awareness of physical discomfort, which means symptoms of heat stress may be ignored.

### Self-help suggestions for the elderly to avoid heat stress

It's important to be sensible in hot weather, for example, stay indoors, avoid strenuous activity, wear lightweight clothing, and drink cool water regularly throughout the day.

Other simple measures that can reduce your risk of heat stress include:

- **Pay attention to weather reports** – temperatures above 37 °C are particularly dangerous. when the weather is very humid.
- **Reduce caffeine and alcohol** – caffeinated and alcoholic drinks have a mild diuretic action. Limit tea, coffee and alco-

hol in hot weather.

**Stay cool** – turn on your air conditioner and set to 'cool'.



### How we help: -

- ✦ Staff will ensure residents rooms are kept cool by closing drapes and windows and turning on air conditioning units.
- ✦ In the event of the temperature reaching 32°C the facility will restrict access of all exit doors to prevent any resident leaving the facility unaccompanied. Signage will be placed on all external doors.



- ✦ Increased hydration methods will be offered including water, cordial, ice-creams and icy poles.
- ✦ Extra monitoring for unwell residents.



# In Memory



We have sadly said farewell to Jessie Jolley, Ivan Boldt, John Costigan, Marj Wales and Frances Hickey during the past month.

Residents and Staff extend their deepest condolences to the families.

*We do not  
remember days,  
we remember  
moments!*

## Acknowledgement of Service

Resident Sheila Abnett was recently awarded with the Red Cross Medallion - as a volunteer, for the Yarrowonga/Mulwala Sub-branch, for the past 10 years.

Sheila was presented this award at a luncheon held at the Criterion Hotel, Yarrowonga.

Sheila was one of six volunteers to receive the award this year.

The Red Cross has a long and proud history in the Yarrowonga/Mulwala and surrounding districts and it is with the help of volunteers such as Sheila that they are able to continue their good works throughout the area.

Congratulations Sheila on this well deserved award, and thank you for your community service.





## Laughter is the best medicine!



### Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation..

"He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. (Wait for it)

-She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

### A woman on the phone to her friend;

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

### Zsa Zsa Gabor:

"I am the world's greatest house-keeper. Every time I leave a man, I keep his house."



## Oral and Dental Care

Each month we are profiling some of the expected outcomes of the Accreditation Standards. This month we focus on Expected Outcome

### STANDARD 2.15 ORAL AND DENTAL CARE

**This expected outcome requires that:**

**Resident's oral and dental care is maintained:**

Residents oral and dental status, preferences and oral hygiene routine is assessed and documented as part of the initial

assessment process using the Oral Health Screening Tool.



Condition of the oral cavity, teeth, dentures, saliva management and pain are assessed. The level of assistance required in managing oral hygiene and denture care is included. An oral care plan is developed in consultation with the resident or representative and the preferred dentist and/or dental technician and oral hygiene routine is documented. We encourage dentures are labeled by staff on entry.

The oral care plan is reviewed as part of the care plan review process or more frequently if issues are reported or observed. Residents are referred to the dentist, speech pathologist, occupational therapist or doctor as indicated. Staff monitor oral

status by:

- ♦ Observing the fit of residents dentures during speaking and eating
- ♦ Monitoring breath freshness
- ♦ Observing state of natural teeth



- ♦ Monitoring for signs of pain during eating and drinking
- ♦ Observing ability to chew food effectively
- ♦ Observing signs of lip and mouth dryness

Care staff assist residents to maintain oral health by:

- ♦ Assisting residents with set up and clean up for oral



## Oral and Dental Care (cont).

- ♦ care as required
- ♦ Prompting and providing direct assistance as required
- ♦ Supporting residents to follow the recommended oral hygiene routine.



- ♦ Assisting residents with inserting and removing dentures
- ♦ Monitoring the status of dentures for cracks, breaks and damage
- ♦ Providing appropriate oral care equipment
- ♦ Providing and/or applying oral lubricants, oral treatments and lip care as

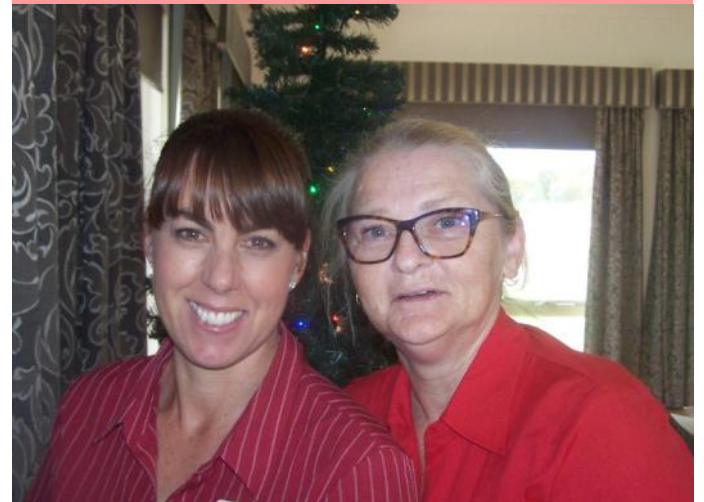
As part of supporting Oral and dental care if you would like us to arrange appointments to see a dentist for a routine check up please notify front reception and this can be arranged.

Marita Seamer  
Director of Nursing

## New Activities Staff

Woods Point has 2 new Activities staff members in Mel Russell and Kerry Flanagan.

Mel previously worked in our catering department and Kerry has transferred from environmental services.



Both Mel and Kerry have completed Certificate IV in Lifestyle and Leisure and bring some fresh ideas to our Activities program.

## SKYPE

We are in the process of setting up SKYPE access for our residents. SKYPE will allow residents to stay in touch with family and friends via the internet.

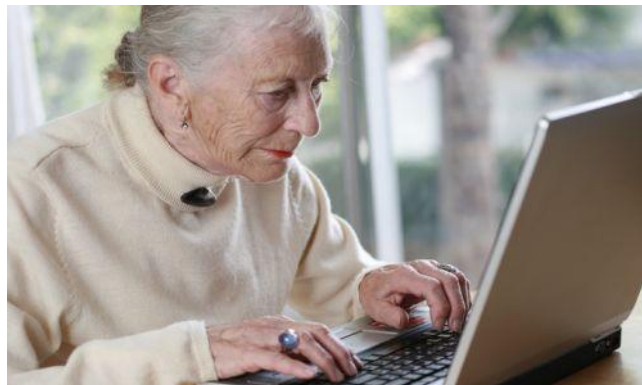
We will schedule appointment times - families can advise what day/time they will be in contact and we will arrange for the resident to be seated at the computer and ready to chat.

Any family/friends who are interested in taking part may contact Woods Point administration staff (03



5744 3400) so that we can provide you with the details when we have completed setting everything up.

Resident Don O'Rafferty has kindly offered to assist other residents if required and staff will be on hand to offer assistance when available.



# Happy Birthday!

## December Birthdays

Anne McPherson 1st  
Shirley Poll 2nd  
Patricia Murray 15th  
Sidney Fry 18th  
Ernie Polak 24th  
John Randall 25th  
Max Graham 26th  
Elizabeth Sullivan 26th  
Tim Crossin 26th



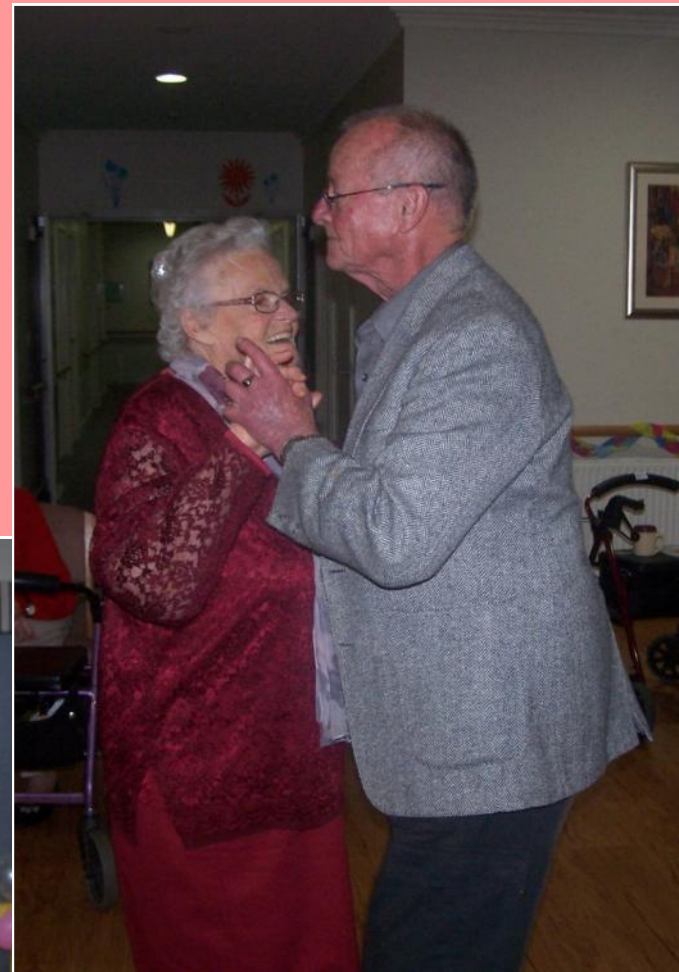


# Images from Spring Dance 2015





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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9.45 Sunshine Walks 1 <b>10.00 Catholic Mass</b> 10.00 Carpet Bowls 1.30 Movie <b>2.00 Christmas Shop*</b> 3.30 Hangman	9.45 Exercises 2 11.00 Bobs 1.30 Coffee & Spectacles 2.30 Bingo 2.30 Movie	9.45 Sunshine Walks 3 <b>10.30 Resident Meeting</b> 11.30 Quiz <b>1.30 Friendlies</b> 3.30 Hangman	9.45 Sunshine Walks 4 <b>9.40 Men's Shed</b> 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk/Quiz 3.30 Happy Hour	9.45 Sunshine Walks 5 11.00 Memory Cards 1.30 Christmas Craft 3.30 Reminiscence	9.45 Exercises 6 11.00 Quiz 1.30 Movie 2.00 Short Stories 3.30 Quiz
9.45 Sunshine Walks 7 11.00 Golf Putting 1.30 Movie <b>2.00 Anglican Church</b> <b>2.30 Scenic Drive*</b> 3.30 Quiz	9.45 Sunshine Walks 8 <b>10.00 Catholic Church</b> 10.00 Carpet Bowls 1.30 Movie <b>2.00 Bundalong Café*</b> 3.30 Hangman	9.30 Sacred Heart 9 <b>Christmas Visit</b> 1.30 Coffee & Spectacles 2.30 Bingo 2.30 Movie	9.45 Exercises 10 11.00 Mini Golf <b>1.30 Redshift</b> <b>5.00 Resident Christmas Party</b>	<b>9.40 Men's Shed</b> 11 10.00 Sunshine Walks 11.00 Word Challenge 1.30 Kiosk <b>1.30 Boronia Singers</b> 3.30 Happy Hour	9.45 Exercises 12 11.00 Bobs 1.30 Remember When 3.30 Quiz	9.45 Scrabble 13 1.30 Short Stories 3.30 Hangman
9.45 Exercises 14 11.00 Golf Putting 1.30 Movie <b>2.00 Anglican Church</b> <b>2.30 Monthly Birthdays</b> 3.30 Short Stories	9.45 Sunshine Walks 15 <b>10.00 Catholic Church</b> 10.15 Carpet Bowls <b>1.30 David Evans</b> 3.30 Hangman	9.45 Exercises 16 11.00 Bobs <b>1.30 Joyce Gang</b> 3.30 Remember When	9.45 Sunshine Walks 17 10.30 Hangman <b>11.00 Uniting Church</b> <b>11.30 KFC Lunch</b> 2.30 3AW Letters 3.30 Quiz	<b>9.40 Men's Shed</b> 18 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk/Quiz 3.30 Happy Hour	9.45 Sunshine Walks 19 11.00 Bobs 1.30 Movie 2.00 Christmas Craft	9.45 Exercises 20 11.00 Golf Putting 1.30 Movie 2.00 Bingo
9.45 Sunshine Walks 21 11.00 Golf Putting 1.30 Movie <b>2.00 Anglican Church</b> <b>2.30 Christmas Shopping*</b>	9.45 Sunshine Walks 22 <b>10.00 Catholic Church</b> 10.15 Carpet Bowls 1.30 Movie 2.30 Scrabble	9.45 Exercises 23 11.00 Bobs 1.30 Coffee & Spectacles 2.30 Bingo 2.30 Movie	9.45 Exercises 24 <b>10.30 Scenic Drive</b> 1.30 Hangman & Targetmaster 3.30 Quiz	No Activity Staff	No Activity Staff	No Activity Staff
9.45 Exercises 28 11.00 Golf Putting 1.30 Movie <b>2.00 Anglican Church</b> <b>2.30 Scenic Drive*</b> 3.30 Quiz	9.45 Sunshine Walks 29 11.00 Remember When 1.30 Movie <b>2.30 Shopping*</b> 3.30 Hangman	9.45 Exercises 30 11.00 Bobs 1.30 Coffee & Spectacles 2.30 Bingo 2.30 Movie	9.45 Sunshine Walks 31 <b>10.30 Scenic Drive</b> 1.30 Movie 2.00 Memory Cards 3.30 Quiz	*Activities marked with an asterisk are dependent upon the weather. In the event that it's too hot an alternative activity will be scheduled.		